

**COMING SOON** to your LCNFC...

- Murder Mystery Dinner Fundraiser (4-8)
- Easter Egg Drop (4-15)
- Bill Stearman Shootout (7-22)

## What's Goin' on in March?



### MAGICIAN FAMILY NIGHT!

Friday, March 10, 6 p.m. Lincoln Elementary. See the amazing tricks up our amazing magician's sleeve at the Lincoln Family Night! FREE for all Lincoln families. Dinner will be served.



### YES COMEDY SHOWCASE!

Friday, March 31, 9 p.m. Yes Cinema. Laugh the night away at another LCNFC fundraiser! See Headliner Keith Alberstadt, the Feature Jeff Bodart and a special appearance by Father Martin O'Malley! Tickets are \$10 in advance (\$12 at the door) and available at Hoosier Sporting Goods, Yes Cinema and LCNFC.

## Home Buyer Training

Registration is now being accepted for the next session of Housing Partnership's Home Buyer Training Seminar. This eight-hour comprehensive course includes topics such as: credit budgeting and counseling, shopping for real estate, mortgages, financing options, home maintenance and home inspection. A fee of \$10 will be charged to cover the cost of materials.

- Two Saturdays, March 4 and 11
- 8 a.m. to Noon
- HPI Office  
2158 Cottage Avenue
- \$10 per couple
- Limited to 20 people



Register by contacting the HPI office at 376-9458. The next session will be held during the summer.

## kidscommons connection...

○ Happenings at our children's museum downtown...

○ Explore! Create! Collaborate! ○

**Friday, March 3—FREE ADMISSION** from 4 to 6 p.m.

**Saturday, March 11—Japanese Tea Ceremony**—Come and see a true Japanese ceremony with all its pageantry and beauty. Recommended for ages 10 and up. Free with museum admission. 1 to 3 p.m.

**Sunday, March 26—Camp kidscommons—Story! Art Activity! Snack!** For children of all ages from 2 to 3 p.m. Free with paid admission. Hours!

○ Tuesday through Saturday—10 a.m. to 5 p.m.

○ Sunday—1 to 5 p.m.

Admission is \$6 per person for ages 1-99

Call for more info and more activities at 378-3046 or [www.kidscommons.org](http://www.kidscommons.org).

### *Taking Charge of Your Health*

Sore throats can be annoying, but they usually can be improved with a few simple self-care steps. Low humidity in your home, failing to drink enough fluids, winter dryness, or smoke can be the culprits, but often, sore throats are a sign of infection.

During an infection, your throat fights back by increasing the blood flow to your neck. This is what causes the swelling, soreness, and cough that often accompany a sore throat.

#### Self-Care Tips

- Drink fluids—at least eight glasses of fluid a day.
- Gargle with warm salt water.
- Suck on hard candies or cough drops.
- Take an aspirin for fever or discomfort.

If you have additional questions about sore throats, you can also contact your doctor or Columbus Regional Hospital's Ask-A-Nurse at 379-1210 or 1-800-365-0202.